



Study into the experiences of low paid menopausal women in the workplace



Study 3

Tools/techniques needed to support menopausal women in career discussions

Menopausal women often find work challenging due to persistent symptoms, isolation and working conditions, as found in studies 1 and 2 of this thesis. This sometimes results in women leaving work because they are unable to continue in their current roles. Study 3 looks at how careers professionals can help them through these challenges to go on to have satisfying working lives.

Study 1
What is the menopause like for low paid women at work?

Corinne Holden
Independent Careers Practitioner
PhD student
City University of London
corinne.holden@city.ac.uk

Study 2
What is their phenomenological experience?